

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

JUNE 2016

Volume 08 Issue 6

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Regular Senior Center Hours: Monday– Friday, 8:00AM until 4:00PM

We will also be open for all *scheduled* activities outside regular hours.

A Message From Council on Aging Director Ashley Springman...

June, like May, will be a very busy month at the Senior Center! As of now we have hired several people to operate the COA's "new" van. I have some work to do on my end as far as coordinating with the LRTA, drawing up policies/procedures and mastering the scheduling component of our database system. I am confident that with a little hard work the van will be on the road this month. Also starting this month is the long-awaited salad bar. The tentative start date is Tuesday June 7th. Just a reminder to those who have signed up to work the salad bar, I will be holding a meeting on Wednesday June 1st at 1:30PM to discuss details. Very excited for this yummy & nutritious addition to our Center! Technology lessons, the bereavement support group, and the hearing clinic all began in May and were very well attended. The bereavement support group is open to anyone who has experienced a loss. If you are on the fence about attending just know that you can decide the day of the meeting, no sign-up is required. New to the Center, beginning in June, are 1:1 legal appointments provided by Northeast Legal Team of Andover. Attorney David E. Walker will answer basic questions about Estate Planning and appointments will be limited to 20 minutes per person. This legal team will also be holding a Lunch and Learn, where participants will have the opportunity to leave with a basic will and/or power of attorney that will be notarized and totally FREE! See page 9 for more details. We will be



providing other educational opportunities throughout the summer on important issues, such as vision, identity theft and the Homestead Act. These seminars are also free and a great opportunity to stay connected with modern day issues and available resources. Topics will be posted as they are scheduled so keep checking back. Thanks for reading and hope to see you all soon!



STAY UP-TO-DATE WITH WHAT'S HAPPENING SENIOR CENTER TRIPS AND IN-HOUSE EVENTS & COMMUNITY EVENTS/ACTIVITIES

There are 3 bulletin boards at the Senior Center; one for in-house activities, one for upcoming trips and one for community events. This is where you will find the most up-to-date information. So, stop by and check them out! Anything posted on the community board must be approved by the Director and is limited to non-profit agencies only.

Also, be sure to check out the Golden Ages Club (GAC) Bulletin Board located outside their new office (formerly the nurses office) to see what new and exciting things they have going on.

My Mission as Your Director: *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*



NEW YORK TRIP
2-DAYS, 1 NIGHT STAY
THE BOSTON RED SOX vs The New York YANKEES
Saturday July 16th–Sunday July 17th

New York City

SOLD OUT—wait list only

Reserved seats at Yankee Stadium!

SPACE IS LIMITED
Reserve your spot today!

See Diane Dunlevy at the Senior Center for more information or to book this trip today! \$50 deposit holds your reservation. Final payment is due June 4th.

Price Per Person

\$269 Double

\$349 Single

DAY TRIPS

TICKETS ARE AVAILABLE NOW!

- Sunday, June 5:** Senior Day at **Canobie Lake Park** (cost please see below)
FREE ADMISSION FOR SENIOR CITIZENS *
Big Band Sounds by the Dave Whitney Band
- Wed, June 22:** Visit the **Sand Sculpture Event** (Sandcastles) \$17.00/pp includes round trip bus to Hampton Beach, The Continentals perform 7:00-9:00pm ADMISSION IS FREE *
Bus leaves Senior Center at 4:00pm and returns right after the performance.
- Thursday, June 24:** Visit **Wells/Ogunquit Maine**, \$17.00/pp includes transportation & driver gratuity.
Lunch & Shopping on your own.
- Tuesday, July 19:** The **Hay Day of the Big Bands**, \$79.00/pp includes transportation, luncheon & show.
11:30am –3:30pm
- Friday, July 29:** **Boston Duck Tour**—Land and water historic tour aboard a famous duck boat w/lunch at Maggiano's Little Italy for a family style, all-you-can-eat lunch! \$66.00/pp includes round trip bus transportation to Boston, 10:30am tour & tip, lunch, & souvenir photo. This trip was very popular last year, so sign up today! Quack-quack!
- Thursday, August 11:** **Traditional Maine Lobster Bake** at Foster's Clambake Restaurant with entertainment by Michael Minor, singer, comedian, ventriloquist & celebrity impressionist. \$89.95/pp includes round trip bus transportation to York, ME, 4 course-lobster luncheon, and show.
- Friday, August 26:** **Skyline Lunch Cruise** aboard Spirit Cruises, Boston, MA. \$77.00/pp—includes rounds trip bus transportation to Boston including driver gratuity, boat cruise, buffet luncheon, & entertainment (interactive DJ).
- Thurs, September 1:** **Singin' in the Rain** at the North Shore Music Theater, Beverly, MA. 2:00pm Show \$62.00/pp includes round trip bus transportation to Beverly, MA and theater ticket.

* We will book a bus to provide round trip transportation if there is enough interest. We have an interest/sign-up sheet at the Senior Center at the Reception Desk. Please sign up if you are interested in going to either of these FREE events by bus. We need to have 20-25 people to cover the cost of a bus. The cost for the bus, per person, will be approximately \$17.00/pp

Council on Aging Staff

Ashley Springman, MS, LSW
Council on Aging Director
Aspringman@tewksbury-ma.gov

Jan Conole
Senior Clerk Secretary
Jconole@tewksbury-ma.gov

Bob Noel
Maintenance
Rnoel@tewksbury-ma.gov

Nicole Hutcheon
Outreach
Nhutcheon@tewksbury-ma.gov

Diane Dunlevy
Activities Coordinator
Ddunlevy@tewksbury-ma.gov

Council on Aging Board Members:

Virginia Desmond-Chair
Joel Deputat-Vice Chair
Lorene Patch-Treasurer
Joan Unger-Clerk
Joanne Aldrich
Marie Durgan
Bob MacInnis
Paul McNaught
Patty Sasso
Kathy Walsh
Arlene Wright

Answers to last month's Sudoku

4	3	8	7	6	5	1	9	2
2	6	1	8	9	4	5	3	7
5	7	9	1	3	2	6	4	8
1	8	4	9	2	3	7	5	6
3	9	2	5	7	6	8	1	4
6	5	7	4	8	1	9	2	3
8	4	5	2	1	7	3	6	9
7	1	6	3	4	9	2	8	5
9	2	3	6	5	8	4	7	1

**** Prizes for Our Readers ****

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!

Submitted: Mistake on page 9, "Happy Birthday Anna" article, traveled should be spelled travelled. The word travel has come to exemplify a common spelling quandary; to double or not to double the final consonant of a verb before adding the ending that forms the past tense of the verb (ed). According to Webster's Dictionary it is spelled with only one l. The one l spelling is the American English spelling while the double l is the British spelling.
Thank you for your submissions, keep them coming!

Lots happening on Sunday June 5th!

From 10AM-1PM at Tewksbury Memorial High School

All AGES ARE WELCOME

Tewksbury's Annual Bike Safety Rodeo

Sponsored by the Tewksbury Police Department



Bike Safety Checks , DJ Dancing , Helmet Decorating

Bring your bike and finish the safety course for a chance to win a **new bicycle!**

Outdoor Wellness Fair

Sponsored by the Tewksbury Health Department

**"Go The Distance" 1-Mile Walk Challenge**

Sponsored by us (The Tewksbury Council on Aging)!

11:30AM Start Time— On the TMHS Track



All walkers who complete the one-mile walk will earn a certificate and be entered into a **prize raffle!**

DJ Jon Mansfield is at the Senior Center on the last Monday of every month for a **daytime dance**. Sign-up by Wednesday of the week before and lunch will be included in the \$5 ticket cost. Tickets are also available at the door.

Thank you **Peregrine's Landing of Tewksbury** for preparing such a delicious meal for this event each month!

WEEKLY SCHEDULE

Special events & schedule changes on page 7.

MONDAY	
AM 9:00 Forever Fit 9:30 Men's Yoga 9:30-11— Blood Pressure Clinic provided by Circle Home Health (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	PM 12:30 45's 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
TUESDAY	
AM 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Movin' & Grovin' Exercise 11:30- 4 Piecemakers for Charity	PM 12:30 ZINGO 1:00 Independent Painting 5:00 50's & Fit
WEDNESDAY	
AM 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class	PM 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:15 Gentle Chair Yoga
THURSDAY	
AM 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	PM 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 5:00 50's & Fit
FRIDAY	
AM 8:30 Walking Club 9:30 Bone Builders #3 10:45 NEW- ZUMBA Gold	PM 12:30 International Mah Jong

Golden Age Club News

Submitted by Rose McKenna

As I sit here typing, I am feeling the sunlight coming in on my back. Something we haven't seen very much of in a while. Everyone should feel great.

There are several notes on our bulletin board. One very important notice is a sign-up sheet for election to the Golden Ages Club Board. Get Involved. Our dues are also being collected for May 2016 to May 2018. There is someone in our GAC office every Tuesday through Friday from 10:00 am to 2:00 pm. Our meetings are held the second Tuesday of each month at noon.

Don't forget to take a chance on our tickets—Red Sox playing in Boston on September 16th.

By the time you are reading this, some of us will be at the wonderful Villa Roma Resort in the Catskills and also the trip to two casinos—Foxwoods & Mohegan.

New trips will be posted on our bulletin board. Look at our bulletin board to see when new trips arrive. Don't be left out. Trips fill up fast so sign-up early.

I Hope to see you all outside enjoying this beautiful weather. Make all your pains disappear for a while. Enjoy.

If you have a report that you think might be interesting to our members, please see Rose or Nancy. Then we can decide if it should be brought up at one of our meetings or printed in the Newsletter.

No LCR until September

GAC Cook-out July 15th 12:00pm to 3:00pm

Paid members only \$10.00 per person

Menu posted on Bulletin Board by GAC Office

Entertainment by Jimmy Merrick

Tickets on sale May 24 until July 12 and can be purchased Tues., Wed., & Thurs. 11:00am to 2:00pm, GAC office

There will not be a GAC Meeting until September 9th, 2016 at which time the installation of the new officers will be held.

A special thank you to the **Executive Office of Elder Affairs** for supporting our newsletter!

Friends of the Elderly, Inc.*Submitted by Linda Brabant*

Tickets for the Wednesday, June 1st Foxwoods day trip may still be available. The next casino trip is to Foxwoods on Monday, July 11th. The cost is \$35 and includes a casino package and driver gratuity. If, on the Friends Casino trips, there are 40 paying passengers, a \$5 cash refund will be distributed on the bus. For more info call Linda at 978-851-4243.

Please note that the Friends Tuesday Zingo activity now begins at 12:30 PM. A special note of thanks to our caller, Don! One is reminded that the Golden Age Club holds its meeting and its own Bingo on the second Tuesday of the month.

The winner of the Friends Yard Sale drawing was Robin Cain. Congratulations to Robin and to all those who worked as well as those who patronized the event. The Seniors voted to donate \$700 to the COA for the Senior Citizen participation in Memorial Day Activities.

Don't forget to mark your calendars for Sunday, June 12th which is the date of the Friends Breakfast Benefit. The event is held at the Senior Center from 7:30 to 11:00 AM. Tickets are available at the door, \$7 for adults, \$3 for children 12 and under. Toddlers are free. Hope to see you there!

Friends of the Elderly trip and event tickets are available for purchase in the mornings from 8:15am to Noon Monday through Friday.

Have a great summer! God Bless America!

SIGN UP FOR OUR FOOT CARE CLINIC

WHO: Catherine Languedoc RN BSN, CFCN
(Certified Foot Care Nurse)

WHEN: 3rd Thursday of Every Month

WHERE: Senior Center Nurses Office

COST: \$30 accepted at time of appt.



Call Jan at 978-640-4482 to make an appointment



We wish to extend our thanks to Circle Home Health Care for providing us with free blood pressure checks on Mondays. Thank you for providing our seniors with this valuable service.

Red Hat News*Submitted by Diane Joy*

**PJ &
Movie Night**

Doesn't everyone look comfy in their PJ's? Hope everyone had a fun night!

ROARING 20s:

Here are a few of the Roaring 20s girls. Great ensembles! It was nice to see all of the different Red Hat Groups gathered at one event. There were even some Pink Hatters in attendance! A big thank you to Queen Mother Lorraine of the Burlington Scarlet O'Hatters for inviting us to the event.

***Upcoming Event Dates:*****Elegant Tea Party**

Wednesday, **June 15, 2016 @ 6:00pm**. This will be a Formal Tea Party. Catered with tea sandwiches, tea treats, and of course, tea. More information will be coming.

Please contact the Queen Mother or any Board Member if you know of a Red Hat sister that may be ill, or has undergone surgery, etc. A card can be sent with all of The Red Hat Carnation Belles' best wishes in it!

Recycling*Submitted by Kay Maher*

I have found someone who is collecting bottle caps so I will start taking them again along with all the other things. Thanks again!

Lunch Menu— June 2016

Elder Services of the Merrimack Valley

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 No Meal Served Memorial Day	31 Chicken Salad Potato Salad Coleslaw Hot dog bun Cookie	1 Hamburger In Au jus Potato Wedges Corn & Red Peppers WW Hamburger Roll Fresh Fruit	2 Chicken Parmesan Spaghetti Broccoli Italian Bread Pudding	3 Frittata (tomato and onion) with cheese Rice and Beans Spinach Oatmeal Bread Diced Peaches
6 Turkey Divan Herbed Rice Diced Carrots WW Bread Yogurt	7 Baked Ham Au Gratin Potatoes Green Beans Natural Grain Bread Diced Pineapple	8 Chicken Drumsticks Roasted Sweet Potatoes Steamed Beets Biscuit Mixed Fruit	9 Meatloaf Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Dinner Roll Fruit Loaf	10 Macaroni & Cheese w/Crumb Topping Stewed Tomatoes Honey Wheat Roll Banana
13 Baked Chicken Mushroom Gravy Mashed Butternut Squash Steamed Red Potatoes Oat Bread Chef's Choice Dessert	14 Tuna Salad Potato Chips Tomato & Cucumber Salad Sandwich Bread Diced Pears	15 <u>Father's Day Special</u> Sliced Roast Beef Tomato Sauce Mashed Potatoes Herbed Peas Dinner Roll Chocolate Mousse	16 L.S Hot Dogs Baked Beans Capri Vegetables Hot Dog Roll Fresh Fruit (Cantaloupe)	17 Eggplant Parmesan w/Marinara Sauce Spaghetti Cauliflower Whole Wheat Dinner Roll Mixed Fruit
20 BBQ Pork Patty Sweet Potato Wedges Corn Burger Roll Mandarin Oranges	21 Roast Turkey Gravy Mashed Potatoes Stuffing Carrot & Turnip Natural Grain Bread Peaches	22 Cheese Lasagna Marinara Sauce Steamed Spinach Italian Bread Pudding	23 <u>Birthday</u> Greek Chicken Orzo Pilaf Zucchini Italian Bread B-day Cake	24 Fish Sticks Tartar sauce Lemon Rice Mixed Vegetables WW bread Fresh Fruit (orange)
27 Pasta (chef's choice) and Meatballs Marinara Sauce Broccoli WW Dinner Roll Fruit Crunch Bar	28 Sliced Pork Gravy Roasted Potatoes Chef's Choice Veg Oatmeal Bread Applesauce	29 Oriental Chicken (nuggets) Oriental sauce Asian Blend Veggies White Rice Dinner Roll Pineapple Chunks	30 Baked Salmon Dill Sauce Vegetable Rice Pilaf Green Beans WG Bread Fresh Fruit (Honeydew)	1 Egg Salad Pasta Salad Carrot & Cauliflower Salad Hot Dog Roll Diet Jell-O

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7am Foxwoods Trip 1:30pm Volunteer Mtg (i.e. Salad Bar) 3-4pm Tech. Instruction	2 8:30am Foot Care Clinic 10am Homestead Act Seminar	3 9:30—11am Parkinson's Support 7pm Fred Manzi Dance	4
5 Canobie Lake Senior Day	6 2-6pm Intake for Upscale Consignment Shop	7	8 9am Knitting Knockers 10am Bereavement Group 3-4pm Tech. Instruction	9 9:00am Men's Group	10	11
12 7am Friends Breakfast	13	14	15 12:30 pm COA board meeting 3-4pm Tech. Instruction 7pm RH Tea Party	16 8:30am Foot Care Clinic	17 7pm Silvertones Dance	18 3pm Hampton Beach Trip
19	20 10am MS Support Group	21	22 10am Hearing Clinic 12:30-2pm 1:1 Legal Appointments 3-4pm Tech. Instruction	23 9:00am Men's Group	24 9am Day Trip to Perkins Cove	25
26	27 10am Sen. L'Italien Ofc Hrs 12pm DJ Afternoon Dance	28 9:30am Rep Miceli Office Hrs 10-11am Brown Bag Pickup	29 3-4pm Tech. Instruction	30 10am Online Safety & ID Theft Seminar		

LET US PLACE YOUR AD HERE.



THE BEACH WORD SEARCH

DRNEAMESMLSBTBE
 RRTAHBAELSUUIUN
 SSACCIUERERKUEE
 NEXULIHCLZFISBG
 LBSBGS LTSSBNGSH
 BAOSAESAIOINCI
 MACEAAFNPJAZIKY
 TJSICLDIWGRCHLG
 LNWDPAAGVLQDZTAV
 XLNTLOWNPVPRAWN
 GAUSXIRWUHVXBDT
 SKLGFM LTXSHEVRM
 NOITACAVWAVESAN
 PCDNSEBTPYXWSOJ
 QBD CGRSZWL BDRBL

Bathing Suit	Pelican	Scuba	Surfboard
Bikini	Sailboat	Seagull	Tropical
Boardwalk	Sandals	Seashell	Vacation
Lifeguard	Sand Castle	Sunglasses	Waves

Sudoku

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 4x4 box contains the same number only once.

1	3		2	7				6
	6				3		2	
8		9		6			5	
4		7	9			2		
				1				
			7	5		8	1	
9		8	5			7		
					7		9	
		1						



A doctor is going about his business, with a rectal thermometer tucked behind his ear. He goes into a staff meeting when a co-worker asks why he has a thermometer behind his ear. In a wild motion he grabs for the thermometer, looks at it and exclaims "Damn, some ass has my pencil!"



Knockers For New England

Do you love to knit or crochet? If so, join us on:

Wednesday June 8th, 9:00-11:00am

Knockers for New England is a group that knits/ crochets prosthetic breasts for women who have undergone mastectomies/lumpectomies. Lowell General Hospital Cancer Center is placing them in the take home bags for women who have had recent surgeries as well as giving them to patients who are coming in for follow ups. **They are looking for volunteers to help knit more Knockers!** Patterns & yarn will be provided.

A LUNCH & LEARN

Presented by Attorney Walker of Northeast Legal Team, LLC from Andover, MA

Thursday, July 14th

12:00-2:30pm

Senior Center Conference Room
FREE lunch served to all participants

Join us in this fun Estate Planning "Lunch and Learn" event. Attorney Walker will explain and simplify the complex laws behind documents such as Wills, Powers of Attorney and Health Care Proxies, as well as discuss Medicaid and Asset Protection. Every participant will receive a FREE Will and Power of Attorney. Seating is limited. Please RSVP.

Can't make the workshop? No problem. Attorney Walker will also be holding one-on-one meetings on the 4th Wednesday of every month beginning on June 22nd, from 12:30-2:00PM.

If you are interested in attending the Lunch & Learn or to schedule a one-on-one meeting with Attorney Walter, please call (97-640-4480) or come in to be put on either list.

**FREE MONTHLY HEARING CLINIC**

4th Wednesday of Every Month

Call for an Appointment

Provides Free:

- Hearing screenings
- Basic hearing aid repairs
- Hearing aid cleaning
- Hearing aid programming if software is available.



Namaste to my Yoga, 50's & Fit and Men's classes!

Just wanted to share with everyone how proud I am of the progress I have seen in the last few months. I had a woman come into my class stating she cannot get up from the floor. I said you do what feels comfortable for you. I am proud and happy to say one month later she is on her mat and getting up on her own!! Another woman could not do a Downward Dog pose at all!! Now, three months later, she does it better than me! So thank you all for coming to my classes. We smile and laugh but also work hard. You go at your own pace and watch your progress!!

Joan Lawrence

RYT

***NEW* BEREAVEMENT SUPPORT GROUP**

2nd Wednesday of Every Month at 10:00am
Facilitated by Johanna Kiefner of Circle Home, Inc.

This group is open to everyone who has experienced a loss.
You may sign up ahead of time or join the day of the meeting.

SPRING/ SUMMER SPEAKER SERIES

Thurs June 2nd, 10AM– The Homestead Act” Learn How to Protect Your Assets,
presented by Attorney Christine Bernardini

Thurs June 30th, 10AM– Online Safety & ID Theft,
presented by Robin Putnum of the MA State Office of Consumer Affairs & Business Regulation

Stop by the Senior Center or call for a detailed description of each presentation

More presentations will be added throughout the summer... keep checking back!

Refreshments

FREE



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Tewksbury Senior Center
175 Chandler Street
Tewksbury, MA 01876



We would like to acknowledge those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, email Kathy at kwbraelyn@verizon.net or call Jan at the Senior Center 978-640-4480.

Important Telephone Numbers for Seniors:

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275
MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
Tewksbury Food Pantry	978-858-2273
Tewksbury Police Department	978-640-4385

Elder Service of the Merrimack Valley
1-800-892-0890

Senator Barbara L'Italien

State House Room 413-C\
 Boston, MA 02133
 Phone: 617-722-1612
 Email: Barbara.L'Italien@masenate.gov

Representative James R. Miceli

State House Room 237
 Boston, MA 02133
 Phone: 617-722-2305
 Email: James.Miceli@mahouse.gov

Representative James J. Lyons, Jr.

State House Room 443
 Boston, MA 02133
 Phone: 617-722-2460
 Email: James.Lyons@mahouse.gov

IT'S IMPORTANT TO KEEP IN TOUCH!

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Return this portion of the newsletter with a check or money order in the amount of \$8.00, which covers the postage and handling for a 12-month subscription. Check the *expiration date* on the label to see if it is time to renew your subscription.

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 175 Chandler Street
 Tewksbury, MA 01876

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